

**Fun
and**

GAMES



FINISH
Graduation

Late to
Mihalik's
class

MOVE BACK
2 spaces



Accepted to
college of
your choice

MOVE AHEAD
1 space



Attend the
pass the torch
ceremony

MOVE AHEAD
2 spaces



Senior
Night
brings tears

GO BACK
1 space



Begin
Senior Year

ROLL AGAIN



Seniors win
Homecoming
Spirit Week

MOVE AHEAD
1 space



Opening
1-3

Seniors
4-18

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spective
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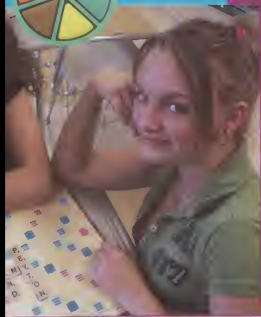
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Fun and Games





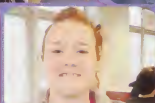


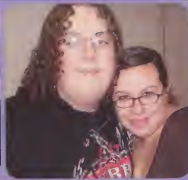
With the beginning of a new school year, each class assumed its spot on the game board in the trivial pursuit of knowledge. The freshmen moved one space ahead from junior high and just passed go into their first year of high school. The sophomores continued to roll along through their high school careers. Meanwhile, the juniors continued to play with a full deck, and tried their hand at readying themselves for senior year. Finally, the seniors, ready to start a new round in the game of life, couldn't wait for their pay day.





A trip down memory lane



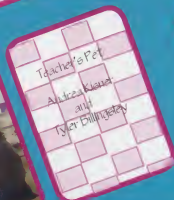
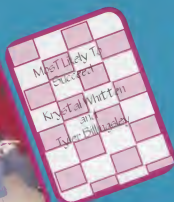


Seniors '09





Keeping the Memories



Most Likely To Be
Heard in the Hallway

Audrey Kuster
and
Nick Patterson



Hallway Patrol

Vivian Dominguez
and
Mike Krasinski



Best Driver

Sherrick
and
Alex Tuzinski



Worst Driver

Nicole Steward
and
Phawn Doley



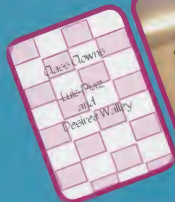
Class Couple

Samantha Ford
and
Benjamin Taylor



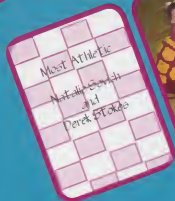
Class Clown

Mike Perez
and
Desiree Walling



Most Athletic

Natalie Gonsky
and
Derek Stokes







Keeping the Memories



Best Couple
Ariel Chao
and
John Clements



Most Dramatic
Jody Rodriguez
and
Ashley Venzuzco



Most Clumsy
Jeremy Jensen
and
Althea Kienler



Most Talkative
Katelyn Martinez
and
Ashley Venzuzco



Laziest
Brett Fisher
and
Stephanie Martinez



Most Photogenic
Katie Green
and
John Clements



Life of the Party
Alex Vargas
and
Deandre Wiley



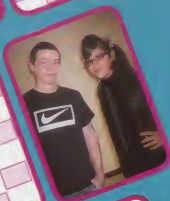
Best Personality
Momo Castillo
and
Vanessa Bruno



Most Artistic
Jesse Kinnair
and
Melanie Bruce



Best Singer
Kyle Singer
and
Falon Green



Most Creative
Nick Torres
and
Evan LaQuitz



Funniest Partners
Alex Vargas
and
Katie Green



Best Hair
Shawn Pines
and
Falon Lucas



Class Flirts
Payton Hansen
and
Mike Kestrick



S

E

N

Billingsley, Tyler

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Melendez, Stephanie

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C

R

E

D

I

O

R

Mendez, Ruben

Football 1, 2, 3, 4
 Soccer 3
 Basketball 1, 2, 3, 4
 Baseball 1
 Softball 1, 2
 Wrestling 1

Parrott, Channing

Swimming 5, 6, 7
 Basketball 1
 Wrestling 1, 2, 3, 4

Pennington, Amanda

Football 1, 2, 3, 4
 Basketball 1, 3, 4
 Soccer 1
 Wrestling 1, 2, 3
 Swimming 1, 2, 3, 4
 Track/Field 1, 2, 3, 4
 Cross Country 1, 2

Saylor, Ben

Football 1
 Wrestling 1, 2, 3, 4

Sendejas, Samantha

Wrestling 1, 2, 3, 4
 Soccer 1, 2, 3, 4
 Football 1, 2, 3, 4
 Basketball 1
 Cross Country 1, 2, 3, 4
 Track/Field 1, 2, 3, 4

Shearer, Nicole

Wrestling 1, 2, 3, 4
 Soccer 1
 Basketball 1
 Wrestling 1
 Soccer 1
 Wrestling 1

Smolman, Veronica

Football 1
 Soccer 1
 Basketball 1, 2, 3, 4
 Softball 1, 2

Smith, Josh

Football 1, 2, 3, 4
 Wrestling 1
 Wrestling 1, 2, 3, 4
 Basketball 1, 2, 3, 4
 Cross Country 1, 2

Sovich, Natalie

Wrestling 1, 2, 3, 4
 Basketball 1, 2, 3, 4
 Soccer 1
 Softball 1, 2, 3, 4
 Football 1, 2, 3, 4
 Wrestling 1, 2, 3, 4
 Cross Country 1, 2, 3, 4
 Track/Field 1, 2, 3, 4
 Cross Country 1, 2, 3, 4
 Football 1, 2, 3, 4
 Wrestling 1, 2, 3, 4
 Cross Country 1, 2, 3, 4

Stokes, Derek

Football 1, 2, 3, 4
 Soccer 1, 2, 3, 4
 Wrestling 1, 2, 3, 4
 Basketball 1, 2, 3, 4
 Football 1, 2, 3, 4
 Wrestling 1, 2, 3, 4
 Football 1, 2, 3, 4
 Football 1, 2, 3, 4

Szparaga, Noreen

Football 1
 Football 1, 2, 3, 4

Tard, T. J. & J.

Soccer 1
 Soccer 1

Torres, Nick

Football 1, 2
 Wrestling 1

Verduzco, Ashley

Wrestling 1
 Soccer 1
 Wrestling 1, 2, 3, 4

Valerie Villarreal

Football 1
 Soccer 1
 Wrestling 1
 Wrestling 1, 2, 3, 4
 Wrestling 1
 Wrestling 1

Walker, Mycala

Wrestling 1, 2, 3, 4
 Basketball 1, 2, 3, 4
 Wrestling 1, 2, 3, 4
 Soccer 1
 Basketball 1
 Softball 1, 2, 3, 4
 Football 1, 2, 3, 4

Whitten, Krystal

Football 1, 2, 3, 4
 Football 1, 2, 3, 4
 Football 1, 2, 3, 4
 Soccer 1, 2, 3, 4
 Wrestling 1, 2, 3, 4
 Wrestling 1
 Football 1
 Football 1
 Football 1
 Football 1, 2, 3, 4
 Football 1, 2, 3, 4

2

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S



Valedictorian
Tyler Billingsley



Class Of 2009

Top Ten

Salutatorian
Krystal Whitten



3. Tiffany Deaton



4. Nicole Goin



5. John Cisneros



6. Jany Esteph



7. Mycala Walker



8. Jordan Magdar



9. Natalie Sovich



10. Andrea Kisner



Graduation 2009

Graduation was held on June 8, 2009 at 7:30 p.m. in the high school gymnasium. The senior class spent the entire week practicing for that day and having fun for their final week as seniors. After 13 years of school, they finally reached their goal and were ready to graduate. Many tears were shed at graduation by seniors as well as family and friends of the seniors. The graduating class of 2009 was also the largest graduating class at River Forest High School in years, which showed their commitment to education throughout the years. This year's guest speaker was former River Forest graduate David Dixon Jr. His speech was titled "Defining Success." His speech was short and but left a lasting impression. After Mr. Dixon finished his speech guidance counselor Jason Quigg announced roll call. As the seniors had their name called the senior class walked across the stage to accept their diploma. The class of 2009 had finally done it! For some of the newly graduated alumni they can now go off to college. Some may see high school as the end of a long road, while others look at it as being the beginning of the rest of their lives.



The high school class performs "You Raise Me Up" to the senior class. It is a tradition that graduating seniors in choir and band perform one last time during the ceremony.



Guest speaker David Dixon Jr. delivers his speech to the senior class. Mr. Dixon was a former 1989 River Forest graduate.

The senior class enjoys their good-bye during their class song "Let's See How Far We've Come" by sharing hugs, enjoying their last moments together.



The graduated class of 2009 throws their caps in the air in celebration of their success. The seniors were excited to be able to move on to the next level of their lives.



Valedictorian Tyler Billingsley delivers his final speech to the class of 2009. His speech was short but very personal to his classmates.



Class Colors: Electric Blue
and Neon Green

Class Song: "How Far We've Come" by Matchbox 20

Class Flower: Orchid

Class Motto: "Do not go where the path may lead. Go instead where there is no path and leave a trail."

-Ralph Waldo Emerson





Playing With A Full Deck



Do you have a football?
Go Fish

Juan Rodriguez, Carlos
 Ruiz, Alexander W. Carrasco,
 Wilfredo Cordero, Ivan Torres,
 Carlos Jeremy Moore, John
 John Thomas, Brian
 Wesley, Richard, Richard
 Pennington, Baby Jack
 Zambrana, Joseph Puskas,
 David Martin, Christopher
 and Mario Castillo
 received information from
 each other and worked
 on their music and
 songwriting. They
 were all in the
 same place and
 they were all
 working on their
 music. They were
 all in the same
 place and they
 were all working
 on their music.



Row one: Jeremy Jensen, Joel Campos, Carlos Yanez, Judge Yanez, Mario Castillo, Tyler Hanson, Michael Hough, Dexter Nalls, Ilyan Abillail, Charles Sufcik; row two: Kyan Ramirez, Ausetin Smith, Ramon Diaz, Joseph Puckar, Andrew Gonzalez, James Norman, Ruben Mendez, Chase Young, row three: Cody Clark, Donovan Clark, Kaynori Peltuyera, Richard Pennington, Tyler Burrell, Joshua Smith, Anthony Pelka, Brandon Walters, Eduardo Macias, Justin Dunn, Joseph Carlin, Jacob Diaz, Mario Torres, Dennis Jones, Barry Clark, Zambraha, Hasone Walters, Fred James, Matias Bach, Derek Stokes, row four: Coach Jeff Bean, Coach Richard Pennington, row five: Coach Jeremy Moore, Coach Ivan Torres, Coach Brian Wesley and Coach John Thomas

Scores

Team	Score
Whiting	0-42 L
Eau Claire	20-25 L
Lake Station	14-12 W
Calumet	0-44 L
North Newton	19-21 L
Wheeler	0-75 L
Bishop Noll	19-38 L
Gary Wirt	7-34 L
South Central	0-27 L
Lake Station	6-12 L



Sophomore Richard Pennington goes for the first down against the Wheeler Bearcats. This season he had a total of 391 rushing yards.



Sophomore Tyler Hanson runs the ball for a touchdown. He had a total of 22 rushing yards for the season.



Junior Anthony Pelka makes a tackle for sophomore Richard Pennington who makes a first down. Anthony finished the season with 18 tackles.



Sophomore Joseph Pluckae receives the ball from quarterback Tyler Hanson. He averaged 13 yards a catch.



The defensive team's River Frost brings down the Wheeler Bearcat running back to get the ball back. Their possession this was the last homecoming game for the six seniors on the team.



Sophomore Matias Bach punts the ball for 30 yards. Matias not only punted for the team, he was their tight end and line backer.

Kings of the c o u r t

With no preseason win/loss record to guide them, the Lions' season had to begin on a friendly basis. Before the start of the season, the boys have already been participating in tournaments for the upcoming season. Five of the regular season players were selected during Ryan Smith, Richard Perez, Shane Campbell and Jonathan Scott Guel. It was coach Michael Slys' second year coaching the Lions team. The regular boys who were named during the season were Scott Guel, Ryan Smith, Shane Campbell, Jonathan Scott Guel, and Richard Perez. The regular boys who were named during the season were Scott Guel, Ryan Smith, Shane Campbell, Jonathan Scott Guel, and Richard Perez. The regular boys who were named during the season were Scott Guel, Ryan Smith, Shane Campbell, Jonathan Scott Guel, and Richard Perez.

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Front row: Anthony Gonzalez, Brandon Duffey, Jonathan Hazellon, Brandon Dethager, Brian Breeze; back row: Matt Diaz, Scott Guel, Richard Perez, Shane Campbell, Ryan Smith, and Coach Michael Slys.



Scores

Team	Score
Hobart	2-3 L
Hammond Clark	2-3 L
Lake Station	3-2 W
Hammond Morton	2-3 L
Bishop Noll	2-3 L
Hammond Gavit	3-2 W
Marquette Catholic	4-1 W
CESSC Tourney Rd.1	5-0 W
CESSC Tourney Rd.2	0-5 L
CESSC Tourney Rd.3	2-3 L
Wheeler	0-5 L
Hammond Morton	1-4 L
Calumet	2-3 L
Griffith	0-5 L
Sectionals	5-0 W
Sectionals	3-2 W
Regionals	0-5 L



Number one doubles junior Richard Perez and sophomore Scott Guel wait to return the ball during a rally. Richard and Scott had a record of 11 wins and 3 losses.



Sophomore Jonathan Hazelton serves the ball against Morton High School. John and junior Matt Diaz were number two doubles team for this year.



Junior Richard Perez serves for a ball during warm-ups. Richard planned on returning next year, but said he is not interested.



Junior Ryan Smith serves against his opponent, Kyane. Set scores against Calumet were 6-4 and 6-4.



Sophomore Scott Guel gets a ready to return a ball during warm-ups. Scott and Richard ended up being victorious against Hammond Morton with a set score of 6-1 and 6-0.



Junior Shane Campbell returns a serve at his match. Shane was successful against Lake Station Edison winning 6-3 and 6-2.

Running at full
S P E E D



Personal Best Times

Runner	Best Time
Brandon Neyhart	19:10 Highland Invit-
UW Yanez	19:26 Hohart Invit-
Ryan Smith	19:54 Koute's Invit-
Mary Salinas	24:06 Hohart Invit-
Delia Ceja	26:43 Hohart Invit-



Varsity front row: Mary Salinas, Ryan Smith, Delia Cera; back row: Brandon Neyhart, Coach Rusty Copeland and JW Yanez.



Coach Rusty Copeland expresses last minute encouragement to the team. Running required mental toughness and needed encouragement.



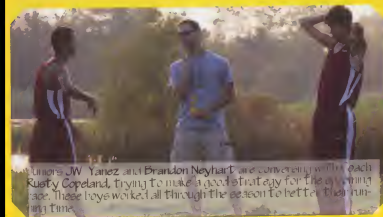
Junior JW Yanez keeps his concentration as he finishes the last mile of the race. JW really improved throughout the season.



The team diligently stretches before the race. The team had to stretch at least ten minutes to avoid pulling muscles.



Sophomore Mary Salinas sprints out the last feet to cross the finish line. This was Mary's first year participating in cross country.



Juniors JW Yanez and Brandon Neyhart are conversing with Coach Rusty Copeland, trying to make a good strategy for the upcoming race. These boys worked all through the season to better their running time.



Junior Ryan Smith has a warm-up jog before the race. Ryan finished the race at the Cavett Invite in the top half.

Playing with a Perfect Hand

Just when you thought the Lady Hawks volleyball team played their season and season's end season, the team won the 2011-12 season. The team won the 2011-12 season, and it was all thanks to the team's perfect hand. The team's perfect hand was the team's perfect hand, and it was the team's perfect hand that made the team's perfect hand the team's perfect hand.

Desiree Walley about how the team's perfect hand was the team's perfect hand, and it was the team's perfect hand that made the team's perfect hand the team's perfect hand. The team's perfect hand was the team's perfect hand, and it was the team's perfect hand that made the team's perfect hand the team's perfect hand.

with a perfect hand. The team's perfect hand was the team's perfect hand, and it was the team's perfect hand that made the team's perfect hand the team's perfect hand. The team's perfect hand was the team's perfect hand, and it was the team's perfect hand that made the team's perfect hand the team's perfect hand.

Natalie Sovich was the team's perfect hand, and it was the team's perfect hand that made the team's perfect hand the team's perfect hand. The team's perfect hand was the team's perfect hand, and it was the team's perfect hand that made the team's perfect hand the team's perfect hand.



Scores

Team	Score
Windsor	Loss
Morgan Twp.	Loss
Hobart Invite	won 1 loss 2
Hobart	loss
Hebron	loss
Kaufe	won
Hammond Cavit	won
Calumet	won
Lake Station	won
North Newton	loss
Wheeler	loss
Gary Roosevelt	won
Hammond Bishop Noll	loss
Washington Twp. Invite	loss 3
Gary Wallace	won
Winning	won
South Central	loss
Westville	loss
Boone Grove	loss
Marquette Catholic	loss
Gary Wirt	won
Washington Twp.	loss
Hammond Clark	loss
Lake Station (sect.)	won
Hanover Central (sect.)	won
Wheeler (sect.)	loss



Varsity front row: Nicole Shearer, Nicole Cain, Desiree Walley, Abby Anderson, Diana Hayes, Vanessa Bravo, Euna Anst; back row: Bethany Galligan, Natalie Sovich, Meghan Davis, Coach Pat Ty Sparks, Coach Bob Weynarecki, Coach Courtney Guigg, Katie Buehler, Amanda Pennington, and Mycala Walker.



Junior Bethany Galligan sets up sophomore libero Margaret Diaz for a kill against the Calumet Warriors. Bethany was second on the team with most kills.



Junior Brittany Kennedy goes up for a kill against the Hammond Clark Pioneers. Brittany played all around for the junior varsity team.



Senior Nicole Shearer paces the volleyball while sophomore Katie Buehler prepares to help out. This was both Katie's and Nicole's first year on varsity.



Junior Varsity row 1: Brittany Kennedy, Natalie Carza, Melissa Bravo; row 2: Desiree Ewartz, Ashley Nieves, Ariel Carza, Vivian Nunez; row 3: Meghan Davis, Adriana Danna, Coach Bob Wajnszki, Coach Patty Sparks, Coach Courtney Gullig, Dana Hayes, and Susie Babatjes.



Senior Captain Natalie Sovich goes up for a kill against the Calumet Warriors. Natalie led the team in kills this year.

Building a bridge to a new season

[illegible]

Scores

Team	Score
Lacrosse	37-70 L
Elkhart Christian	41-53 L
Wheeler	49-59 L
Marquette Catholic	50-69 L
Hobart	46-49 L
Whiting	43-40 W
Oregon-Davis	58-52 W
Lake Station	28-45 L
Hebron	38-25 W
Calumet	58-43 W
Bishop Noll	50-57 L
North Newton	42-48 L
Whiting	59-62 L
North Newton	47-54 L
South Central	38-70 L
Westville	36-50 L
Hannond Clark	38-60 L
Washington Twp.	28-26 W
Kouts	37-39 L
Hanover Central	46-56 L
Lake Station	34-39 L



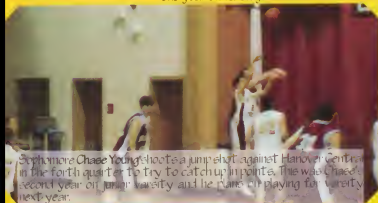
Varsity front row: Richard Garcia, Ryan Smith, Baby Jack Zambrana, Richard Perez, Haemie Walters, Justin Ficus, Michael Koonicki, Scott Guel, Terrance Myster, Joseph Rodriguez; back row: Coach Joe Burleson, Coach Jeremy Moore, Coach Jason Quigg and Jeremy Jansen



Seniors Joseph Rodriguez and Terrance Mieter sprint down the court against Hanover Central to stop the fast break. Joey played all four years of high school, two being on varsity. Terrance played three years and only one year on varsity.



Junior Ryan Smith shoots a free throw against North Newton. He has been on the varsity team since freshman year.



Sophomore Chase Young shoots a jump shot against Hanover Central in the fourth quarter to try to catch up in points. This was Chase's second year on junior varsity and he plans on playing for varsity next year.



Part of the junior varsity team sits on the bench, resting up to take the spot of one their teammates on the court. The junior varsity team had three players who also played on varsity.



Junior Varsity front row: Zachary Blackwell, Jonathan Balleffas, Joseph Fackler, Dylan McPhee, Jaime Cervantes, Chase Young, back row: Coach Joe Burleson, Coach Jason Quigg, Kaymon Fekyer, Terrance Kayner, Brett Guel, Mario Torres, Benjamin Madina, Jeremy Jansen and Coach Jeremy Moore



Freshman Richard Garcia holds the ball before halftime so the Ingots could have the last shot. Richard was the team's starting point guard for the season.

S p i r i t



Cheerleading row 1: Charlene Szparaga, Sandra Nalley-Ortiz; row 2: Jaemine Kuehl; row 3: Heather Sonntag, Hayley Preeyk, Coach Christy Katschke, Melissa Codines and Heather Watson.



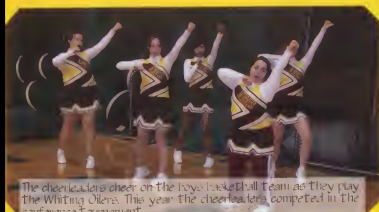
Senior Peyton Hanson performs a dance routine during class. This routine was choreographed by Hanson and senior Angelina Aguilar.



The River Forest auxiliary Team takes a picture with the girls who performed a dance routine to the song "We Rock". This is the second year that Ms. Copeland and her girls have conducted the youth dance routine.



Kristen Parduhn leads the auxiliary team in the summer parade. The girls practiced routines during summer.



The cheerleaders cheer on the boys basketball team as they play the Whiting Oilers. This year the cheerleaders competed in the conference tournament.



Sophomore Heather Bontag and junior Jaemine Russel cheer on the boys basketball team. This was their last time cheering on the home court this year.



Auxiliary front row: Jocelyn Kowalewski, Angelina Aguilar, Peyton Hanson, Brittany Kennedy, Ashley Nieves; back row: Allison Walley, Kristen Parduhn, Katie Long and Coach Kristen Copeland.



Senior Angelina Aguilar performs as the band plays during pre-game warm-ups. She has been on the team for two years.

Uno team, uno season

uno reason

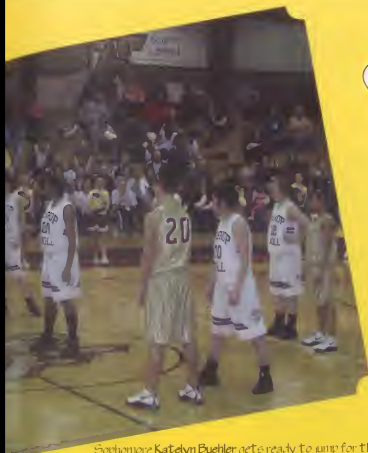


Scores

Team	Score
Hanover Central	49-54 L
Griffith	34-52 L
Boone Grove	37-53 L
Morgan Township	50-52 L
Bishop Noll	41-32 W
Wheeler	47-45 L
Marquette	40-41 L
South Central	51-35 W
Whiting	67-68 L
Lake Station	39-21 W
Hammond Clark	57-51 W
Calumet	40-46 L
Wirt	44-46 L
North Newton	41-64 L
Whiting	43-39 W
Kouts	34-46 L
Hebron	27-49 L
Washington Twp.	55-46 W
North Newton	34-43 L
Bishop Noll Sect.	49-45 W
Hanover Sect.	37-59 L



Varsity: Melissa Menchaca, Vanessa Bravo, Bethany Galligan, Jessica Perez, Amanda Pennington, Jordan Maeder, Katelyn Buehler, Natalie Sovich, Shermi Sisk and Mary Salinas.



Sophomore **Katelyn Buehler** gets ready to jump for the ball against Bishop Noll. Katelyn and senior **Jordan Maeder** were chosen throughout the season to tip for the ball.



Junior **Bethany Calligan** hocks the opposing team from passing the ball. Bethany played guard on the team.



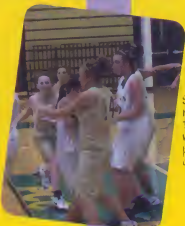
The girls listen to coach **Richard Heavlin** explain plays for the rest of the game. Heavlin mostly uses the game plays pop and motion.



Senior **Natalie Sovich** runs the ball down the court to make a shot. Natalie was recruited to play for **Purdue Calumet's** University girls basketball team.



Junior Varsity front row: **Melisa Menchaca**, **Ashley Nieves**, **Natalie Garza**, **Tiffany Medina**, **Abby Anderson**; back row: **Jacquelyne Piekarski**, **Cassandra Sul**, **Coach Courtney Quigg**, **Jessica Perez** and **Veronica Collazo**.



Senior **Amanda Pennington** awaits for the ball to come her way. Amanda had played three years of basketball.

Battle to win t h e W a r



Scores

Team	Win/Loss
North Newton	L
Culver	L
Rensselaer	L
Frontier	W
South Newton	W
Whiting	L
Lew Wallace	L
Lake Station	W
North Newton	L
Calumet	L
Lake Station	W
Bishop Noll	L
Whiting	W
Andrean	W
Wirt	W



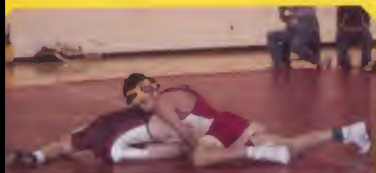
Wrestling row 1: Tyler Hansen, John Cisneros, JW Yanez, Mario Castillo; row 2: Luis Verdugo, Ruben Mendez, Michael Hough, Andrew Gonzalez, Judge Yanez, Anthony Gonzalez, Carlos Yanez, manager Christina Gonzalez; row 3: Coach Joseph Nuzzo, Coach Brian Wesley, Fred James, Derek Stokes, Steven Poulletou, Dennis Jones, Benjamin Baylor, Richard Pennington, Austen Smith, Coach Gault and James Casaway.



Junior JW Yanez leads the team out to the mat in preparation for their match. "JW has inspired many of his teammates this year with his hard work and dedication," said senior Derek Stokes.



Senior Ruben Mendez stands up after pinning his opponent from Andrean for the victory. Ruben has participated in wrestling for the past two years.



Freshmen Carlos Yanez has his opponent in a headlock in an attempt to earn a point. This was his first year on the team; however, he was on the varsity line-up.



Senior Derek Stokes fights for hand control against an opponent from Andrean. Derek made it to semi-state for the first time where he unfortunately only made it to the first round.



Senior Benjamin Saylor prepares to pin his opponent by putting him in a half nelson. He ended his season with a record of 8-5.



Freshmen Anthony Gonzalez earns 1 point after getting behind his opponent. This was his first year, weighing in at 112.

Royalty rolling down the lane



Personal Best

Shawn Dailey	279
Will Jones	258
Bobby Dyson	250
Dreanna Robinson	210
Katie Green	213
Kyle Singer	188
Desiree Walley	180
Mycala Walker	172
Anthony Squires	160
Tiffany Deaton	142
Christina Morris	139
Samantha Sendejas	132



Girl bowlers front row: Dreanna Robinson, Tiffany Deaton, Kristina Morris; back row: Mycala Walker, Desiree Walley, Katie Green and Samantha Sendejas.



Senior Shawn Dailey throws a strike during practice. This was Shawn's fourth year bowling and was the leading boy bowler.



Concentrating diligently on the lane, senior Kyle Singer picks up his spare at practice. He joined bowling this year to help improve the team's average.



Senior Desiree Walley asks junior Dreanna Robinson for advice on how to drive her ball more. This is Desiree's first year bowling and Dreanna's second year.



While focusing on the pins, junior Kristina Morris attempts to throw a strike during the sectional match. Kristina was an alternate on this year's team.



Boy bowlers: Shawn Dailey, William Jones, Kyle Singer and Robert Dyson.



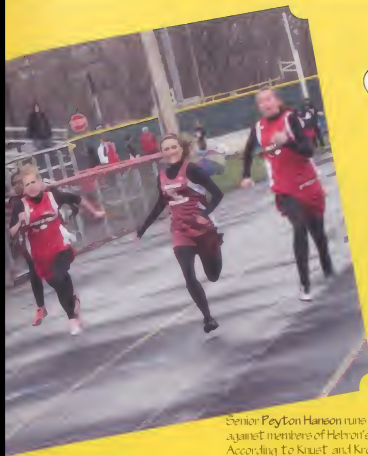
Senior Anthony Squires practices picking up his seven-ten split. This was his first year participating in bowling.

A photograph of a female athlete in a red and white uniform running on a track. In the background, there is a large stadium seating area with many spectators. The photo is mounted on a yellow background.



Row 1: Mary Salinas, Sara Fleming, Peyton Hansen, Catalina Miranda, Ashley Nieves; row 2: Christina Gonzalez, Shavon Stokes, Amanda Ramos, Delia Ceja, Kristin Paeon, Natalie Garza, Kristina Morris; row 3: Coach Lauren Knust, Kaelen Mitchell, Kenya Franklin, Jane Esteph, Paris Moore, Kaitlaine Esteph, Dearree Swartz 2nd and assistant Coach Molly Krodol.

Team	Win/Loss
CEEC Quad Meet	W
Gary Wirt	W
CEEC Quad Meet	W
Triangular	W
Hebron	L
Washington Twp.	L
Westville	W
CEEC	W
Sectional	L



Senior Peyton Hanson runs a tight race against members of Hebron's track team. According to Kraust and Krodel, Peyton was a key member of this year's track team.



Junior Della Ceja runs a leg of a relay against Hebron. Della also competed in the 100 meter dash.



Sophomore Mary Salinas runs the 300 meter run. She earned a second place in this race.



Junior Amanda Ramos warms up by throwing arm. Amanda threw shotput and discus this track season.



Junior Ashley Nieves runs a relay against Lake Station Edison. The ladies struggled with relays, but after a little experimenting with the set up they made major improvements.



Freshman Desiree Swartz competes in pole vault. She was the only pole vaulter on the girls track team this year.

T r a d e s



Scores

Team	Win/Loss
Bishop Noll	W
Lake Station	W
Wheeler	W
Wirt	L
E.C. Central	W
Calumet	W
Bishop Noll	W
North Newton	W
Morgan Township	W
Wheeler	W
Habron	W
Wirt	L
Lowell	L
Hohart	L
Lake Station	W
Westville	W
Marquette	W
Calumet	W
Bishop Noll	L
Lake Station	W
Wheeler	W
North Newton	W
Marquette	W
Kankakee Valley	L



Kow 1: Jamie Cervantes, Dylan McFlee, John Generoso, Dexter Washington, Joseph Vega, JW Yanez; Kow 2: Judge Yanez, Josh Ehrhart, Joseph Fackao, Fred James, David Hamilton, Mario Torres, Derek Stables, Ruben Mendez; Kow 3: Coach Brian Wesley, Robert Martin, Richard Pennington, Dennis Jones, Brandon Neyhart, Anthony Felka, Richard Perez and Coach Jim Weitzel.



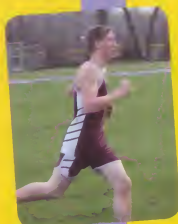
Junior David Hamilton attempts to clear the 5'7" high jump pole. He tied the sectional record at the height of 5'11" in this event.



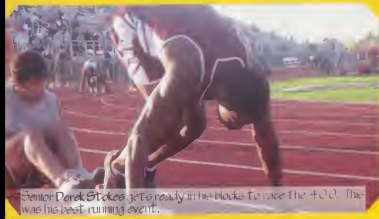
Senior Josh Ehrhart jumps 11'5" during long jump. He also competed in the 400, 800 and 200 meter runs this year.



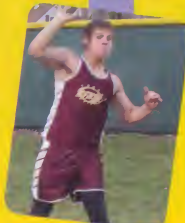
Senior John Cieneros waits for the gunstart to begin his hurdle races. According to coaches this was one of his most successful events.



Sophomore Dylan McPhee runs the two mile at the CESC Quad meet. He often won the team their meet by winning this event.



Senior Derek Stokes gets ready in his blocks to race the 400. This was his best running event.



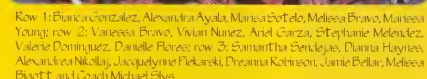
Sophomore Richard Pennington throws against rivals Lake Station. He was not only a thrower but a member of the relay hurdle team who broke a record.

Row 1: Bianca Gonzalez, Alexandra Ayala, Young; row 2: Vanessa Bravo, Vivian Valeria Dominguez, Danielle Flores; row 3: Alejandra Nikolaj, Jacquelynne Fleker, Brantt, and Coach Michael Silva.



Ma, Marissa Sotelo, Mellesia Bravo, Marisela
inez, Ariel Garza, Stephanie Melendez,
o: Samantha Sendejas, Danna Haynes,
Dreanna Robinson, Jamie Bellar, Mellesia

Team	Score
Calumet	3-2 W
Whiting	1-4 L
Hammond Morton	0-5 L
Wheeler	0-5 L
Marquette Catholic	3-2 W
Hammond Clark	2-1 W
SSC Tourney	3-2 W
Lake Station Edison	3-2 W
Bishop Noll	4-1 W
Hammond H.S.	1-4 L
Hanover Central	4-1 W
Boone Grove	1-4 L
Griffith	1-4 L
Sectionals	W
Regionals	L





Junior Alexandra Nikolaj runs to get the ball from the opposing team's serve. Alex had played on varsity for three years.



Junior Melissa Bigott attempts to serve the ball. She succeeded at an ace against the opposing team.



Senior Samantha Sendejas serves to the opposing team Hammond Clark. Samantha received her four-year letter for tennis this year.



Junior Dreanna Robinson is ready for Calumet's serve. By the end of the game, she won her match.



Senior Vanessa Bravo serves to opposing team Hammond Clark. Vanessa made varsity even though this was her first year she played tennis.



Senior Stephanie Melendez works hard with her partner junior Alex Nikolaj. They had been partners for two years.

Slap Jack

b a s e s

[illegible]

Jordan Maker, Natalie Soyich, Sherri Sisk and Nicole Goin that are ready to compete. Ashley Bryant said, "The competition is really fun. Hopefully we will be there in a while and our spectators will make it a fun time to watch a real game." At the same time, anyone being in the United States, Natalie said and with the Adriana Dema with a wide smile. "I really like playing," Abby Anderson said. "I want to play more and play more." She said she likes to play the Mental Academy. "I want to play with the other players," said Thompson. "I want to play with the other players." "I want to play with the other players," said Thompson. "I want to play with the other players."



Scores

Team	Score	
Hanover Central	1-6	L
Bishop Noll	1-6	L
Morton	1-5	L
Marquette	1-5	L
Outs	1-3	W
Helen	1-3	W
North Newton	1-3	W
Calumet	1-3	W
Whiting	1-3	W
Lake Station	1-3	W
North Newton	1-3	W
Washington twp.	1-3	W
Washington twp.	1-3	W
Bishop Noll	1-4	W
Marquette	1-4	W
Hammond	1-2	W
Calumet	1-2	W
Whiting	1-2	W
Wheelar	1-2	W
Wheelar	1-2	W
Wheelar	1-2	W
Noosevelt	1-2	W
Lake Station	1-2	W
Hammond Clark	1-2	W
Robert	1-2	W
Westville	1-2	W
Cavit	1-2	W
Lake Station	1-2	W
Hanover Sect.	1-2	W



Row 1: Sherm Sick, Hayley Fleely, Abby Anderson; row 2: Adriana Dema, Bethany Galligan, Jessica Perez, Katelyn Buehler, Veronica Collazo, Ashley Bryant; row 3: Coach Joe Burleson, Coach Rodney Thompson, Brittany Long, Jordan Maeder, Natalie Sovich and Coach Jim Dailey.



The girls listen to the directions the coaches have to say. The words seemed to work because the girls won the game against Hanover Central.



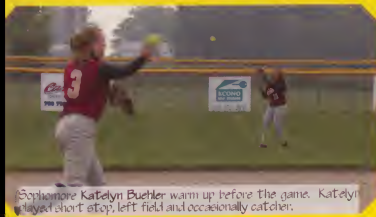
Senior **Jordan Maeder** swings at the ball while teammates give pointers from the dug out. Jordan played first base throughout the season.



The girls walk back from slapping hands with the opposing team members. Every game ended this way to show the power of sportsmanship.



Sophomore **Abby Anderson** attempts to swing at the pitch. Abby played a wide range of positions.



Sophomore **Katelyn Buehler** warm up before the game. Katelyn played short stop, left field and occasionally catcher.



Sophomore **Adriana Dema** pitches to the opposing team. She was the team's main picture this season.

Kings of the diamond

There is something truly special about Hammond High's baseball team. The team's success was built on defense. Every player had a role to play. It was a team that worked together and was determined to win. The team's success was built on defense. Every player had a role to play. It was a team that worked together and was determined to win.

It was a team that worked together and was determined to win. The team's success was built on defense. Every player had a role to play. It was a team that worked together and was determined to win.



Scores

Team	Win/Loss
Westville	L
Hohart	L
Hammond High	L
North Judson	L
North Judson	L
Kouts	L
Hammond Cavit	L
Lake Station	W
Lake Station	W
East Chicago	L
Morgan Township	L
Marquette	L
Marquette	L
Whiting	L
Whiting	L
Wheeler	L
North Newton	L
North Newton	L
Calumet	L
Calumet	L
Bishop Noll	L
Bishop Noll	L
South Central	W
Hanover Central	L



Front row: Austin Smith, Jason Temple, Michael Hough, Chase Young, Tyler Hanson, Ryan Smith, William Carver; back row: Coach Rick Hanson, Coach Jonathan Frey, Bailey Jack, Channing Parrot, Nicholas Patterson, Michael Keenicki, Shane Campbell, Joshua Smith, Coach Jim Witt, and Head Coach Mark Zimmerle.



Junior Shane Campbell awaits the pitch. He played as the first baseman on the team.



Coach Jim Witt congratulates senior Channing Parrot on a nice play. Parrot played for the majority of the season in left field.



Sophomore William Carver covers third base hoping to tag out the runner leading off. William participated in baseball two years.



Sophomore Michael Hough is concentrating on keeping the pitchers count. Michael did not play every game but he always tried to keep the team's spirit up.



Freshman Austin Smith heads out to the right to take his position. Austin was the backup catcher for the varsity team.



Sophomore Tyler Hanson motivates the team after the third out. Tyler was considered a main player for the team.

Picking up more than 52 wins

Coach Jason Quigg at Southview is picking up more than 52 wins in 1996. The team won 52 wins in 1995, and Quigg is looking to pick up more wins in 1996. In 1995, the team ended with 52 wins and 14 losses. Let's see how the team did in 1996. The team won 52 wins in 1995, and Quigg is looking to pick up more wins in 1996. In 1995, the team ended with 52 wins and 14 losses. Let's see how the team did in 1996.

Matthew Diaz, Scott Guel, Brandon Duffey, and Brian Breese.

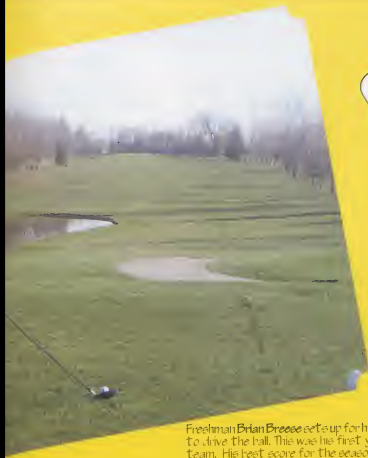
Matthew Diaz, Scott Guel, Brandon Duffey, and Brian Breese. The team won 52 wins in 1995, and Quigg is looking to pick up more wins in 1996. In 1995, the team ended with 52 wins and 14 losses. Let's see how the team did in 1996.



Front row: Matthew Diaz, Brandon Duffey, Brian Breese; back row: Scott Guel, Robert Dyson and Coach Jason Quigg.

Scores

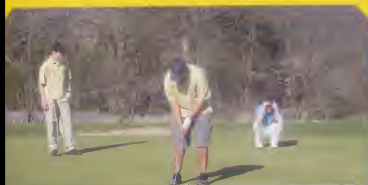
Team	Win/Loss
Boone Grove	L
Whiting	W
Hanover Central	L
Hohart	L
Bishop Noll	L
Marquette	L
Gary West/E.C. Central	W/W
Calumet	W
Westville Invitational	9th
North Newton/Calumet	L/L
Wheeler	L
Gary Wallace/West Side	W/W
Lake Station	W
GGSC Conference	7th
South Central	W
Westville/Lake Station	L/W
Gary Roosevelt	W
Sectionals	9th



Freshman Brian Breece sets up for his attempt to drive the ball. This was his first year on the team. His best score for the season was 60.



Junior Matthew Diaz awaits to putt the ball. He golfed a 57 against Lew Wallace and West Side.



Sophomore Scott Guel attempts to putt the ball. Scott will be returning next year and he hopes to advance in sectional play.



Sophomore Robert Dyeon watches his ball soar through the air after he drives it. During the conference tournament, Robert golfed a 109.



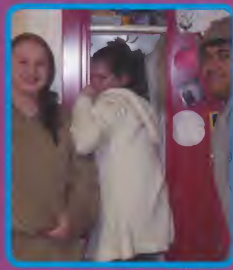
Sophomore Brandon Duffey attempts to drive the ball for a hole in one. For next year, Brandon wants to improve on his attitude since he has lost four golf clubs from throwing them into the water this year.



Freshman Brian Breece is chipping onto the green. Brian plans on returning next year and shooting a personal best of 42.



Guess Who?



Does your
freshman have
freckles?



Andrew Gilman



Heather Harris



Mary El Solano



Amanda Jones



Joshua Brumson



Lyndee Bland



Ryan Bozeng



Guess who?



Rachel Burt



Katelyn Brumby



Brian Bessie



Guess who?



Guess who?



Guess who?



Jami Cunniff



Mirella Chavez



Heidi Clark



David Cobb



Guess who?



Spencer Cobb



Guess who?



Guess who?



Guess who?



Joshua Cobb



Remy Cobb



Guess who?



Justin DeBartolo



Gregory DeBartolo



Mikal Davis



DeNashia Hunt



DeNashia Hunt



Misty Hoff



Gaila Polymeni



Gaila Polymeni



Timothy Franklin



Timothy Franklin



Jessica Galle



R. Taylor Gentry



Alexander Gentry



Yvonne Gentry



Timothy Franklin



Timothy Franklin



Timothy Franklin



Timothy Franklin



Timothy Franklin



Timothy Franklin



Timothy Franklin



Timothy Franklin



Timothy Franklin



Timothy Franklin



Timothy Franklin



Timothy Franklin



Timothy Franklin



Timothy Franklin



Timothy Franklin



Timothy Franklin



Timothy Franklin



Timothy Franklin

**Guess
who
?**

David Walker



David Walker



David Walker



David Walker

**Guess
who
?**

David Walker



David Walker



David Walker



David Walker



David Walker



David Walker



David Walker

**Guess
who
?**

David Walker

**Guess
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David Walker

**Guess
who
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David Walker



David Walker



David Walker



David Walker



David Walker



David Walker

**Guess
who
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David Walker



David Walker

**Guess
who
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David Walker



David Walker



David Walker



David Walker



David Walker



David Walker



David Walker



David Walker

**Guess
who
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David Walker

Guess
who
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Travis Green

Guess
who
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Travis Green



Theresa LaPrade

Guess
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Theresa LaPrade

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Theresa LaPrade

Guess
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Theresa LaPrade



Travis Green



Travis Green



Theresa LaPrade



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Theresa LaPrade



Theresa LaPrade

Guess
who
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Theresa LaPrade



Theresa LaPrade



Theresa LaPrade

Guess
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Theresa LaPrade



Theresa LaPrade



Theresa LaPrade



Theresa LaPrade



Theresa LaPrade

Guess
who
?

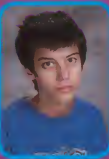
Theresa LaPrade



**Guess
who
?**



Is your
sophomore
smiling?





Marissa Barber



Matthew Cane



Justin Warner



Alecia de Castro



Scott Mack



Jordana Cline

Guess
who
?



Christa Cook



Matthew Davis



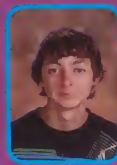
Twill Mack



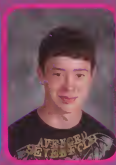
Angeline Davis



Britt Longshore



Steven Galt



Thomas Davis



Kayla Edwards



Lynn Longshore



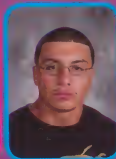
Jennifer Hale



Jackie Galt



Tina McGee



Andrew Rodriguez



Victor Galt



Amber Rodriguez



Ryan Hight



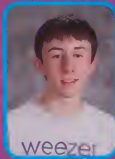
Chris Galt



David Hight



Crystal Hight



Jason Hight



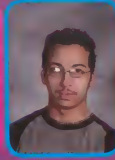
Emily Hight



Michael Hight



Michael Hight





Jacob Pineda



Carlos Reyes



Guess who?



Kristine Tavares



Kristine Tavares



Kristine Tavares



Guess who?



Taylor Smith



Taylor Smith



Taylor Smith



Guess who?



Guess who?



Jacob Pineda



Guess who?



Guess who?



Taylor Smith



Taylor Smith



Taylor Smith



Kristine Tavares



Guess who?



Guess who?



Kristine Tavares



Kristine Tavares



Kristine Tavares



Kristine Tavares



Kristine Tavares



Kristine Tavares

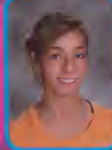
Does your
junior look
joyous?

Guess
who
?



Guess
who
?

Guess
who
?



Guess
who
?





Matthew Coleman



Brandon Blair



Enoch Bryant Jr.



Jonathan White



Monte Pleasantman



Zachary Baker



Jazmine King



Yvonne Harris



Wyndon Jackson



Anthony Jackson



Rosalyn Cook



Crystal Smith



Brittany Thomas



Lashawn Hudson



David Lewis



Jeffrey Allen



Gayle Gray



Stephen King



Cynthia Williams



David Mackinnon



Kristopher Wilson



Jason Wilson



Melissa Williams



Brenda Thomas



Katelyn Moore



Martina Morris



Craig Morrissey



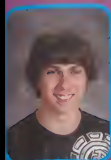
Cameron McLean



Tia May Moore



Elizabeth Young



Anthony Colon



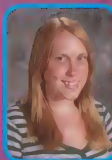
Hayden Tison



Anthony Colon



Juan Francisco



Kristin Hayes



Nicholas Goss



David Polanco



William Thompson



Ricardo Perez



Vanessa Marquez



Yvonne Gonzalez



Thayne Soto



Ornelis Robinson



Michael Pagan



Joanne Ruiz



Nancy Gussner



Mark Soto



David Soto



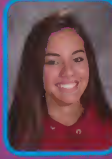
Ismael Soto



Dayanara Torres



Theresa Cruz



Rosalinda Soto



John Switzer



Noreen Ramos



Wayne Torres



Juan Carlos



Rafael Rodriguez



Dayanara



Rosalinda



Jennifer Gonzalez



Thomas Washington



Madison Williams



Thomson



Thomas Smith



Thomas Smith



Thomas Smith

Is your staff member wearing spectacles?



Thomas Smith



Thomas Smith



Thomas Smith



Thomas Smith



Thomas Smith



Thomas Smith



Thomas Smith



Thomas Smith



Thomas Smith



Thomas Smith



Thomas Smith



Thomas Smith



Thomas Smith



Thomas Smith



Thomas Smith



Thomas Smith



Thomas Smith



Thomas Smith



Thomas Smith



Thomas Smith



Thomas Smith



Thomas Smith



Guess
who
?



Wendy Housh

Guess
who
?



Michelle Benson

Guess
who
?



Theresa Williams



Michelle White



Paula Jones



James Miller

Guess
who
?

Paula Jones



Debra Jones



Shirley Anderson

Guess
who
?



Robert Smith



Paula Jones

Guess
who
?

Theresa Williams

Guess
who
?

Debra Jones



Shirley Anderson

Guess
who
?



Theresa Williams

Guess
who
?

Paula Jones

Guess
who
?

Theresa Williams



Debra Jones

Guess
who
?

Shirley Anderson

Guess
who
?

Guess
who
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Theresa Williams



Paula Jones



Theresa Williams

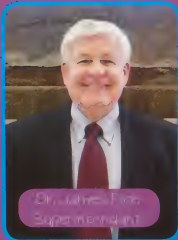


Debra Jones



Shirley Anderson

Is your
administrator
abashed?



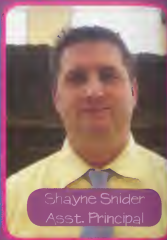
Dr. James Fink
Superintendent



Tom Chrysler
Asst. Superintendent



Andy Weilgus
Principal



Shayne Snider
Asst. Principal

Is your
school board member
superfluous?



Richard
Speck



Marshall
Williams



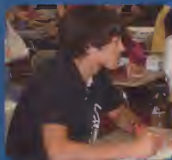
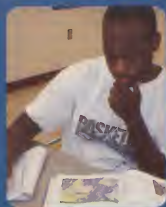
James
Long



Michelle
Martin

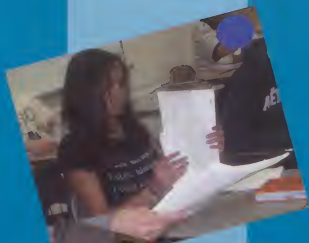


Dave
McQuinn



Brain Teasing Academics





As the year goes on, the students will be able to write more effectively and efficiently.

English



Freshman **DeAngela Durr** gathers up her homework from the night before. This year she read "Jumping the Nail" for Mrs. **Patty Spark's** class.

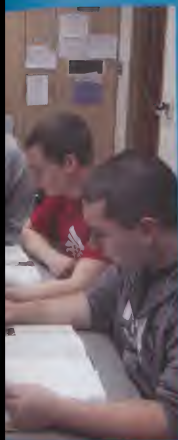


Sophomore **Scott Guel** demonstrates to his speech class how to make brownies. To graduate, every student is required to earn a speech credit.



Mr. **Mark Sopko** takes on the job as advisor for the "Ingot Informer" this year. In newspaper, he had to correct all stories and pages that the students produced in class.

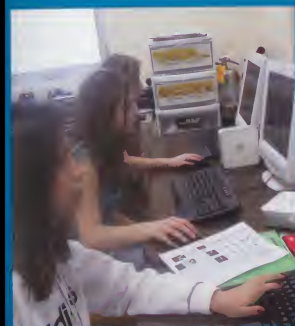
Where was the English trip?



Student Teacher: **Brandon Blaney**
 Mrs. Blaney, I have been thinking about the English trip for a while now. I am not sure if I can go, but I would like to go. I am not sure if I can go, but I would like to go.

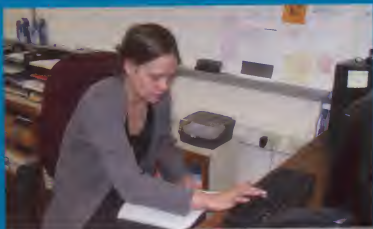
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Student Teacher Miss Britt Boris attends Purdue North Central as a student taught for Mrs. Sandra Mihalik. With having many students Miss Boris had to stay after school to update the student's grades.

Student Teacher: **Danielle Flores**
 Mrs. Flores, I have been thinking about the English trip for a while now. I am not sure if I can go, but I would like to go. I am not sure if I can go, but I would like to go.



Mr. Anthony Duron teaches chemistry to his students. The students are learning about the periodic table of elements.

Math & Science



Mr. Jack Burton teaches one of his geometry classes. The geometry classes learned about the Pythagorean Theorem that day.



Fifth hour geometry class tentatively pays attention to the lesson. The class waited patiently for the homework assignment to be written on the board.



In AP chemistry class, juniors Jerica Harper and Natalie Garza help fellow junior Cassandra Sul with the class assignment. The girls found the class challenging but learned a lot about chemistry.



Freshman Jacob Diaz competes for the ball during his sixth hour gym class. The gym class attempted to pass and set the ball back and forth to each other.

P.E. and Health



Sophomore students pay close attention to the educational films that Mr. Richard Heavilin shows once a week. "The series, 'House' was the student's favorite part of health class", commented Mr. Heavilin.



Freshman Brandon Martin struggles to keep his legs up while working out his abs in class. The class did a routine workout everyday before they started their activities.



Mr. Richard Heavilin explains to his class about the effects peers make on your life. This was Mr. Heavilin's fifth year as a health teacher.

How do I take care of my body?

At the time, volleyball, the essential balance needed while doing their work and conditioning and basketball, volleyball and flag football were a variety of sports. Mr. Richard Heavilin and Mrs. Donna Briggs, together, the pair were to increase the students' physical fitness and encourage them to be more active. Over time, however, the school purchased new equipment for the weight room and it was used to great benefit. To increase the students' knowledge of the weight room's use and to increase their understanding, the students have been working hard to learn the proper use of their bodies. When Mr. Heavilin and Mrs. Briggs heard that the students were to be working hard to learn the proper use of their bodies, they decided to spend the time to teach them about the human body, the importance of a healthy lifestyle and how to take care of yourself in the future years. The classes had also given the students information, vocabulary and knowledge in complete to the unit. A few of the students who were named about was that they had been working hard to learn the proper use of their bodies and that they had been working hard to learn the proper use of their bodies. Each of the physical education and health classes are required to be passed in order to graduate.



Freshman Matteo Bach attempts to pass the ball back to his partner as his classmate, freshman Stephan Hawkins, frantically moves out of the way. The volleyball unit lasted roughly five weeks.



Freshman Katie Buehler and another student express their negative thoughts about alcohol. The students had to complete a three-week unit on alcohol.



Mr. Ricky Baron passes back tests to his second period French II students. The students had just finished the lesson about food.

Foreign Language



Mrs. Cynthia Gil calculates test scores for her Spanish II class. Mrs. Gil placed many challenges ahead of her students such as tests over verb conjugations and vocabulary translations.



Sophomore Robert Dyeon looks for crepe making guidance from fellow sophomore Tyler Hanson. The boys made crepes along with tortillas españolas.



The French I class dabbles in some of the culture that goes along with Mardi Gras. As part of the Mardi Gras season, the students had to create masks and floats that resemble those of France.



Parlez-vous Franish?



This year, many students participated in a foreign language class activity, choosing to take French and others choosing to take Spanish. The French classes participated in activities such as "The Bean Game", in which students were required to speak French for an entire class period. Furthermore, they made art projects such as March 15th masks during the week leading to March 15th, which allowed the students to experience some of the culture of France. In March, the French classes also took an annual field trip to Café Fondu, a restaurant in Merrillville that specializes in authentic French food. Along with the French classes, the Spanish classes participated in many activities including learning Spanish poetry, singing songs in Spanish and learning dances associated with the culture of Spanish speaking countries. In addition, Spanish students of all levels were required to write and perform a song or skit known as a *novela*. These *novelas* were performed over a two-week period in front of other language classes. Likewise they learned how to make a *sandwich* which called for ingredients such as, the foreign language classes experienced group activities such as the field trip to see the Olympic rings from around the world at the Museum of Science and Industry in Chicago, attending a cooking lesson from a chef and viewing the biennial Multi-cultural Fair.



Freeman Jacob Diaz displays his culinary prowess during the French and Spanish cooking demonstration. Most of the students included in the lesson enjoyed the opportunity to learn outside of the classroom.



Juniors Ashley Nieves and Bethany Galligan together on a project for their Spanish IV class. The girls found Spanish IV to be a challenge, but stated that they enjoyed learning about the Spanish language.





Seniors Jesse Kurina and Noreen Szparaga listen as Mr. Whiting explain the week's notes in psychology. Mr. Whiting used many anecdotes outside of the text book to keep his classes interesting and amusing, like playing acrostics.

HISTORY



Junior Dexter Washington is studying for an upcoming Civics test. Dexter stated, "Civics class has helped me become a better citizen."



Mr. Jeremy Moore is putting up the demand and supply curve for economic class. Senior Mike Kosinski said, "Economics was easier than government, because it was mostly common sense."



Mr. Kirk Whiting's psychology class struggles to keep up with notes during lectures. Mr. Whiting liked to boast how he was the "king of notes".

Who was the 43rd President?



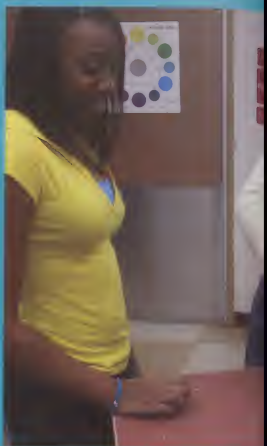
The history department this year included Mr. Kirk Whiting, department head, and his colleagues Mrs. Jessica DeRolf, Mr. Jeremy Moore, Mrs. Rebecca Zimmer and Ms. Donna Briggs. This is Mrs. DeRolf's second year as the world history teacher. For the multicultural fair, Mrs. DeRolf's world history classes made posters about countries and civilizations that were put on display during the fair. Mr. Whiting taught psychology, world history, U.S. history, AP U.S. history and the newly added class to his schedule AP psychology. Many students decided to take this class because they knew it would be a fun class, and they wanted to go into the field after high school. In Mr. Moore's government and economics classes, seniors are taught the government of the United States. Senior Angie Aguilar stated, "Government is challenging, but eye opening about our society in America." Students also chose a country and did a report to better understand the economics of that country. Mr. Moore also continued teaching current events. Ms. Zimmer taught Civics this year, a class that analyzes governments and societies within today's world while studying the history of how civilizations developed and changed over time. She said, "This class will benefit the students academically because it ties in with their history class." The school offered civics before, but then was dropped from the schedule until this year. Also added this year, Ms. Briggs taught world geography, a class that dealt with map skills, history of cartography and utilizing navigation.



Senior Sonia Lopez and freshman Mariela Chavez take notes on the "The Patriot" in history class. Sonia said, "The Patriot was very educational and I enjoyed watching the video."



Mr. Kirk Whiting is trying to get his class to understand that they need U.S. History to graduate. Every year several seniors do not receive a diploma because of not receiving two credits in U.S. history.



Freehman **Jamesha Lewis** waits for Mrs. Gloria K. **mosa** to hand her clay to build her pot. She, and your sculpture student to make houses out of clay.

Fine Arts



Every day at the beginning of class, Mrs. **Lauren Knust** warms up the choir's vocal chords. Most students joined choir to enhance their singing abilities.



Freehman **Tracey Harper** works on her clay pot. First year art students were taught to make the bases for clay pots before they started the structure.



Sophomore **Brett Welch** practices on his guitar for jazz band. Brett has been in band for four years.

What creations are the students cooking?



As students worked on their projects, we observed and took notes on what they were doing.

Gloria Komosa said that her family is from Poland and she was inspired by her grandmother's recipes. She was making a traditional Polish dish called Pierogi.

Javier Heredia said that he was inspired by his mother's recipes. He was making a traditional Mexican dish called Enchiladas.

Lauren Knust said that she was inspired by her grandmother's recipes. She was making a traditional Italian dish called Lasagna.

Darren Day said that he was inspired by his father's recipes. He was making a traditional Southern dish called Fried Chicken.

Edward Miranda said that he was inspired by his mother's recipes. He was making a traditional Cuban dish called Ropa Vieja.

Chloe said that she was inspired by her grandmother's recipes. She was making a traditional French dish called Croissants.



Student **Edward Miranda** makes his dish and enjoys during the economic choice. Students should know to cook different varieties of food throughout the year.



The choir practices for the festival called Wakarusa in Highland. The program continued the singing abilities of area choir members.





Miss Ellen Fay talks to sophomore Jimmy Jones about his math homework. Jimmy got a perfect on his homework. A 100% division.

Life Skills



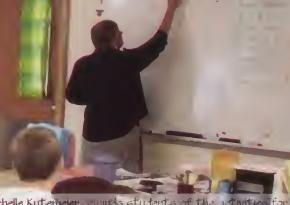
Senior Alejandro Macias listens to instructions for that day's math activity. Alex learned long division in math class this year.



Senior Anna Marins smiles after winning the money game. The game taught students how to handle money in real life situations.



Juniors Damien Padgett and Donté Hartman look at magazines to find a current topic. They were looking for information about the 2008 presidential election.

A photograph of a classroom scene. A male teacher in a dark sweater and light-colored pants is standing and writing on a large whiteboard. He is facing away from the camera. In the foreground, the backs of several students' heads are visible as they sit at their desks, looking towards the whiteboard. The whiteboard has some faint writing on it. The classroom has a wooden door with a window on the left and various items on shelves and desks.

Ms. Michelle Kutenheier reminds students of the activities for the day on the board. Some students would go to other teachers for elective, such as choir.



Senior James Norman and fellow student Austin Smith work on a model. They work to make a model and a final product.

Computers/Industrial Arts



Freshman **Trebor Crofton** is working on creating a fan. He used capsulas to make his fan that took him only a week to create.



Mr. Dwayne DeYoung stands aside freshman **Michael Malonado** introducing a new lesson on a feature in Microsoft Word. Mr. DeYoung taught his students how to format a business document.



Senior **Brittany Singleton** looks over her notes on how to use Microsoft Word. Working with all of the programs in the Microsoft packages was a main focus for the class this year.

How much wood is needed to make a bookshelf?

Erin Murray

Dwayne DeYoung

Erin Murray and Dwayne DeYoung are students at the University of North Carolina at Charlotte. They are currently working on a project to build a bookshelf. They are using wood and metal to create a sturdy and functional piece of furniture. They are also learning about the importance of safety in the workshop.

Margelle Williams

Erin Murray

Margelle Williams is a student at the University of North Carolina at Charlotte. She is currently working on a project to build a bookshelf. She is using wood and metal to create a sturdy and functional piece of furniture. She is also learning about the importance of safety in the workshop.

Catalina Miranda

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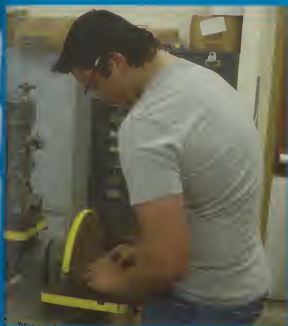
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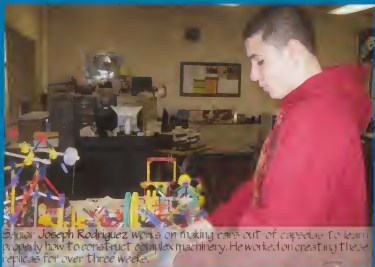
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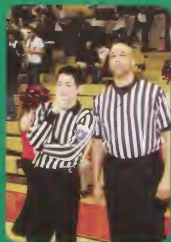
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Nicholas Petri is a student at the University of North Carolina at Charlotte. He is currently working on a project to build a bookshelf. He is using wood and metal to create a sturdy and functional piece of furniture. He is also learning about the importance of safety in the workshop.



Senior Joseph Rodriguez works on making cars out of capsaicin to learn properly how to construct complex machinery. He worked on creating these replicas for over three weeks.



Troubling Activities





No Trouble With These Clubs!



Spanish: Chic

French Club



Row 2: $\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$ [illegible]

Row 4: Rayella Brown, Susan M. Kelly,
Lynne M. Rossow, Frances L. Jones, Sharon
L. G. Clark, M. Helen M. G. Jones



John L. Long, *University of Illinois at Chicago*
 Robert L. Long, *University of Illinois at Chicago*
 Robert L. Long, *University of Illinois at Chicago*

Raw #1: Chordless power, no
temporal intensity shift, low
temporal spread, better than
raw #0, Raw Out

U.S. Department of Education, Office of Education Policy and Practice, 2000

100



Academic Super bowl

Row 1: Poyt in March
Lagoon, Katterbeke

Row 2: Vr = 1000 Hz

100

100%





Student Council

Book 1: Tiffany Deaton, Sep 9 @ 10:00

99. <http://www.ck12.org/Book-Search/Book-Search.aspx?Q=1>

100



Academic Spellbowl

Row 1: P. J. Hanson, Tyler Hanson
 1822-1823

Row 2: Michelle Rahlff to 5, R. Yates
R. Yates to John L. Green and Lynette W. Green

Row 3: Anna Marie, Tyler Billings, Jr., Brandon Plotkin, Tiffany De...

Expt 4. $\frac{1}{2}$ m. 1500 ft. Mr. Picky



Traveling Trivia

It is now hard not to even forget the wonderful foreign exchange students who left this year with their 100 students whose home countries ranged from the Philippines to China. Arriving in the 2006-2007 school year were Fatima Ali from the Philippines, Deeksha Ketkar from India, Fati Fusehi from Jordan, Suna Arat from Turkey, Madina Alieva from Uzbekistan, Norman Yap and Bernard Yong from Malaysia, Ihsan Abdillah, Ida Shitadevi and Aditya Warman from all from Indonesia. Mrs. Chris Gaffner was responsible for placing the students in host families. Most of the students experienced a typical American life by joining sports and activities. They went to visit the school activities, libraries, libraries, libraries and many families which had homes. Said Jumi in Suna. The students also read the typical American life where there were more, funerals and funeral home work. In addition to attending high school classes, following their typical American teenager, the exchange students participated with all sorts of the community. They took trips to Chicago to the various museums and monuments. They also did the same in Havana, while also becoming involved in many philanthropic projects such as the American Cancer Society's Relay for Life and visiting the various churches in Havana, Indonesia and during school. The students were also not participants in the Miami United Way held this year. A grant was awarded to the exchange program with \$1000 being used on various activities and presentations that the students presented and the and the \$5000 being donated to the Fairfields in Havana. The students wanted to participate in the foreign exchange program to study abroad and make friends from a different country.





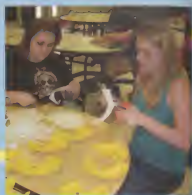


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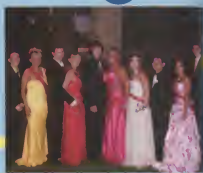


Pop-O-Matic

11



10



1. Brian Jordan Maeder and Falcon Lucas take a break from lunch to pose in their 1980's outfit for a photo. School felt like a blast from the past with Decade Day on Friday.

2. Brian Michael Koehnke and Nicolas Patterson creatively flourished their outfit for Wacky Tacky Day. Many students took part by dressing in Tacky outfit and many enjoyed the dance performance by the auxiliary team and a routine performed by the cheerleaders.

3. Juniors Kristina Morrie and Renee Parker cut out Pacman for their theme "Choose 'Em, Champ 'Em, Stomp 'em!" Each class stayed after school to help decorate their hall for spirit points.

4. Wednesday was "Dress as a Cartoon Character." Junior Elizabeth Stojanovich dressed as Snowy from Family Guy, Freshman Haecnie Walters and Mario Torrez as Batman, The Joker and Mr. Jack Burton as Mr. Incredible from the Disney movie "The Incredibles." Many students wore costumes from movies, television and many other varieties.

5. Sophomore Joseph Pluckee, junior Cassandra Eul, junior Natalie Garza and sophomore Jeeleka Perez show off their relationship status. Mrs. Courtney Quigg helped come up with the new day for spirit week.

6. The Senior class poses at the pep rally for their last football homecoming together. The pep rally consisted of several activities such as taping Mrs. Cynthia Gil to the wall, dance performance by the auxiliary team and a routine performed by the cheerleaders.

7. Mr. Molly Knodel, Mrs. Cynthia Gil and Mr. Kirk Whiting show up the auxiliary team with their dance moves during the pep assembly. The auxiliary team prepared the surprise for the teachers for the student's entertainment.

8. Mr. Jeremy Moore wins the penny war held last year sponsored by the senior class. He had to wear a dress for the whole day and during classes he posed for students to take photos.

9. Mrs. Cynthia Gil has the pleasure of being taped up by faculty and students. At the end of the test to see if the tape would hold was prove successful.

10. The elegantly dressed homecoming court with senior Amanda Farrington with Alex Vargas, Julia Kowalewski with Shawn Dailey, Natalie Boych with Michael Koehnke, Tiffan Dearson with John Ceneroso and Vanessa Bravo with Justin Flecko show off their dresses and suits before half time. During the football half time, the homecoming court was announced individually with their records.

11. At half time, the girls on homecoming court await anxiously to see who wins homecoming queen. Senior Vanessa Bravo received the honor of this year's Homecoming Queen.

12. Senior Derek Stokes receives the honor as Mr. Football of 2008. Mr. Football is a player who is looked up to and admired for their achievements both on and off the field.

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Homecoming

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8



Spurred students pumped up the football team for the homecoming game. The themes were already chosen for hallway decorations were "Name the Bearcats" by the freshman, "Kick 'Em to Space" by the sophomores, "Chase 'Em, Chomp 'Em and Stomp 'Em" was the winners and "Go for the Gold" by the seniors. Spirit week also had a whirl of exciting outfits early on: Monday was "Decades Day" with the freshmen dressed as '50s, sophomores the '60s, juniors with the '70s and the seniors as the '80s. Tuesday was the fun-filled "Wacky Tacky Day" where students dressed as crazy as they could. "Dress up in Disney Character" was Wednesday. A new way to flaunt your status was Thursday's "Single Day" which had you dress in green if you were single, yellow if you were happily talking to someone or in a relationship. Friday of course was the day to show off school spirit with our school colors, gold and red. One of the activities that most students were eager to join in was the penny wars. The winner had to dress as a girl for a day. Mr. Moore won the contest and had the honor of wearing the apparel. Penny wars was held during sixth hour and everyone joined in on the fun activities to win spirit points. Many students had fun helping out and trying their hardest to win. The winning class with the most spirit points went to the Seniors, juniors came in second, then the sophomore class and finally the freshman class. The homecoming football game was announced. Vanessa Bravo was on hand by previous homecoming queen and sister Teresa Bravo. Previous Mr. Football Joshua Dawson handed off the title to Derek Stokes. It was yet another homecoming that brought the school together to cheer on our legends. Although the Bearcats win, the lions still fought hard and kept their spirit. Wheeler won with 75 points and the lions came in with 60 points.

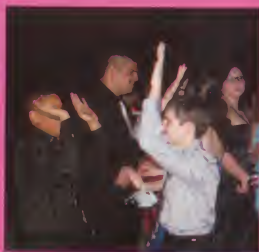


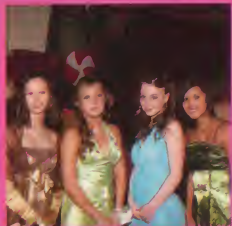


A Candyland Full of "Sweet Memories"

Candyland was an unforgettable night for many of the students. The evening of fun and games, including a dance, a talent show, a raffle, and a silent auction, was a great success. The students enjoyed the evening and the staff was proud to have them all there. The night was a great success and the students enjoyed the evening.

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12



Ending

11



10



1. An excited group of sophomores get pumped and ready to race the opposing teams at the Wacky Olympics. This group was preparing for the 5-legged race.
2. Sophomore Melissa Bravo participates in the Wacky Olympics for her class. Melissa was competing to win the hula hoop competition.
3. A group of students gather together for a picture on Wacky Tacky Day. Wacky Tacky Day is a favorite tradition among many of the River Forest students.
4. The high school cheerleading squad takes the floor and prepares to perform their halftime routine for the fans. The cheerleaders prepared for weeks in order to perform at homecoming.
5. Seniors Vaneeva Bravo and Justin Ficus wait for the opening of the varsity homecoming game. Vaneeva made court both homecomings her senior year.
6. The River Forest Ingot fans line up to cheer on the boys. The tunnel is done at the beginning of the varsity games.
7. The varsity boys huddle in their circle on the floor for their team pep talk and pumped up their game. The boys were more determined than ever to win the homecoming game.
8. The Logan Lunatics crowd together for a group photo while cheering on their fellow Ingots during their fight to win their home coming game. The Logan Lunatics are a group of fans at River Forest that try to attend all the home and away games.
9. The high school auxiliary squad takes over the dance floor to show off their well prepared halftime dance. The team put in hours of hard work for the routine.
10. The elegantly dressed Spirit Court Seniors were Desiree Walley, Derek Stokes, Charlene Szparaga, Ruben Mendez, Vaneeva Bravo, Anthony Allison, Natalie Sovich, John Cisneros, Tiffany Deaton and Mike Kosinek. The spirit court awaited anxiously to hear the results of their fellow classmates of whom would be crowned Mr. and Miss Ingot Spirit.
11. Seniors Mike Kosinek and Natalie Sovich were awarded Mr. and Miss Basketball 2009. They were chosen for this honor by their fellow teammates.
12. Seniors Tiffany Deaton and John Cisneros stop to take a picture after being awarded Mr. and Miss Ingot Spirit. The entire high school student body voted for the recipients of these two awards.

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At Home

9



8



Students were full with school spirit during the 1999 basketball homecoming week. This year's homecoming week was held February 2 through February 6. This year's homecoming days were anything but dull. Monday started off the week as Hobo Day, where everyone dressed like a grungy hobo. Tuesday followed up with Toga Day. Wednesday has always been the famous Wacky Tacky Day. Thursday was Other Half Day where everyone dressed in pairs such as Romeo and Juliet. Then came Friday with our school's traditional Cardinal and Gold Day. The homecoming week consisted of several different activities that earned the classes spirit points. The most popular of the activities was the Wacky Olympics. The winning class turned up to be the seniors. Halway decorations were also held during the week to help each class earn spirit points. Each class chose their own theme and decorated their hallway to correspond with their theme. The themes were as follows; freshmen: "Shoot 'em out of Space" sophomores: "Send 'em to the Dungeon" juniors: "Serve up the Satellite" and the seniors: "Show Your Best Game." The night of homecoming was anything but disappointing. It was full of energy and filled with supportive fans. This year's Spirit Court consisted of seniors Desiree Walley, Derek Stokes, Charlene Szparaga, Ruben Mendez, Vanessa Bravo, Anthony Allison, Tiffany Deaton, Mike Kosinski, John Cisneros and Natalie Sovich. Tiffany Deaton was voted as this year's Miss Ingot Spirit along side with John Cisneros who was voted Mr. Ingot Spirit. The voting was done at the beginning of spirit week by the entire high school body. Mike Kosinski and Natalie Sovich were voted to receive the honor of Mr. and Miss Basketball by their teammates. The varsity boys played their hearts out during their game and their efforts did not go unnoticed. They began their game off with an amazing start; however, the second quarter came as a disappointment when the boys lost against the Satellites 47 to 54. It still did not hinder students from attending the dance afterwards.





Multicultural

Every two years it is tradition at River Forest High School to honor the cultural differences in the school with a Multicultural Fair. However, River Forest has not had this fair in three years. Mr. Ricky Baron, Mrs. Gloria Komosa, Mrs. Cynthia Gil, Mr. Darren Day, Mrs. Lauren Knust and Mrs. Gale Robertson helped put together a successful Multicultural Fair. Mrs. Komosa's art class created posters that showed the interconnection of all cultures. A contest took place in December to decide on the three final posters to be used for the fair. For the week of March 19 to March 23, students dabbled in the cultures of their heritage and in those of their classmates, especially the foreign exchange students. Mrs. Chris Gaffner, who is a sponsor of the foreign exchange program, set up many demonstrations throughout the week that highlighted life and culture in Africa, Indonesia, the Philippines and many other countries. She also received a grand earlier in the year that she donated \$500 of towards the Multicultural Fair. A cookbook was also created by Mrs. Robertson that was sold at the fair to help with funding. Monday and Tuesday, the opening days of the fair had presentations by the foreign exchange students. The Spanish and French clubs performed Thursday during the week of the fair. The French club put on a play while the Spanish club sang songs in Spanish, had a fashion show and performed Mexican dances. The foreign exchange students made slide shows of their countries and spoke to other students about their lives in their countries on Friday. At the end of the week, a food bazaar took place. Many booths were set up and food from around the world was on sale. The high school band and choir performed that night, along with a mariachi band. Much money was earned and the night was a success. Students had the opportunity to learn about other cultures and to teach others about their heritage throughout the entire week.

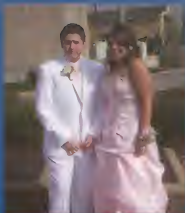




Fair 2009

1. French students help prepare crepes at the Multicultural Fair. At the French table, chocolate or vanilla filled crepes were sold for two tickets a piece.
2. Senior **Fatima Ali** performs a traditional dance during the Multicultural Fair. She performed this dance twice during the week.
3. Students from French I, II, and IV perform "La Blanche Neige" for students in grades 6 to 12. "La Blanche Neige" was a French twist on the classic Snow White.
4. Students in the Spanish Club prepare tasty tacos and rice plates that sold for three tickets at the fair. Many students in Spanish class helped work the Spanish booth.
5. As the band began to play, many students and parents danced along to the catchy beats. The high school band and junior high choir performed during the bazaar.
6. Many people sit around, sampling the food from the different cultures. There were at least 20 booths, each representing a different country or culture.
7. Mrs. Lauren Kruetz and freshman Paris Moore participate in a well-practiced dance of Arabic origin. Their routine caught the attention of many at the fair.
8. Senior **Fati Fuesni** stands by her e'mores booth, hoping to draw in more customers. The e'mores booth received many customers throughout the night.
9. Senior **Christina Gonzalez** shows off her authentic Mexican dresses. The Spanish Club put on a fashion show to demonstrate the style of Spanish speaking countries.
10. Students and parents wait in line to purchase their tickets for the fair. One dollar bought you two tickets.
11. "Can the American keep up with the foreign exchange students?" Sophomore **Matala Bach** took on the challenge of keeping up with the foreign exchange students during a dance routine.
12. Mariachi Sol de America performs for the first hours of the fair. Many people danced along to the different ethnic songs.





Charades at Midnight

This year the junior class at River Forest hosted prom at Ambassador Banquets in Hobart on May 1. The theme this year was "Midnight Serenade." Tickets were sold to the senior couples at \$50, senior and a guest were \$60 and junior couples were \$70. Students began their evening by having a half-day of school in order to have enough time to prepare. Most students started getting ready for one of the most memorable

nights of their high school years right after they left school. After spending large amounts of money on flowers, tickets, dresses, suits, limos and having spent days and hours stressing over this night, everyone was ready to break loose and dance. Before prom started, every prom attendee, friends, family and faculty members gathered together in the high school gym for the Grand March. The Grand March was filled with every





style of dress imaginable as well as every color. Then it was off to the banquet hall for dinner and dancing. Junior Kristina Morris commented, "My favorite part of prom was the different colors of dresses while everyone was dancing on the dance floor." After dinner everyone slowly began to get their dates and grab their groups of friends to get the night started. The prom was deejayed by Entertainment Express. Junior Melissa Bigott said, "My favorite part of prom was dancing with my crazy date Jordan Lewis and spending the weekend at Indiana Beach with my friends." Although most of the juniors were making memories at their first prom, seniors savored the moments at their last prom with their friends and dates. After the last song, "Let's See How Far We've Come" by Matchbox 20 was played for the seniors, everyone grabbed their things and moved on to enjoy the rest of their night somewhere else. Many students finished off their night by going to see a movie or grabbing a bite to eat before going home. Prom did not last just one night for most. Most went out that Saturday too. Many of the couples as well as friends spent the weekend shopping in Chicago, spending time at Six Flags Great America, going to Indiana Beach or just hanging out with friends.

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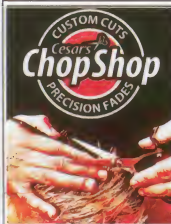
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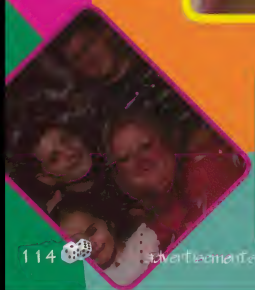
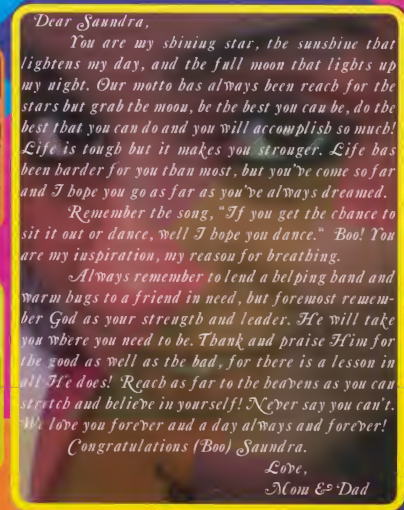
You are my shining star, the sunshine that lightens my day, and the full moon that lights up my night. Our motto has always been reach for the stars but grab the moon, be the best you can be, do the best that you can do and you will accomplish so much! Life is tough but it makes you stronger. Life has been harder for you than most, but you've come so far and I hope you go as far as you've always dreamed.

Remember the song, "If you get the chance to sit it out or dance, well I hope you dance." Boo! You are my inspiration, my reason for breathing.

Always remember to lend a helping hand and warm hugs to a friend in need, but foremost remember God as your strength and leader. He will take you where you need to be. Thank and praise Him for the good as well as the bad, for there is a lesson in all He does! Reach as far to the heavens as you can stretch and believe in yourself! Never say you can't. We love you forever and a day always and forever!

Congratulations (Boo) Sandra.

*Love,
Mom & Dad*



2009 Yearbook Staff

The many faces of the



FUN AND GAMES

The yearbook staff would like to thank the following people! Mr. Ricky Baron, Mr. Bryan Daulton, and all the individuals and companies who helped in the funding of this yearbook,

Volume 49 of the Ingot Yearbook was printed by Walsworth Publishing Company in Marceline, Missouri,

Valerie Tanke was the official sales representative. The yearbook was created using Adobe InDesign 2.0 by 7 staff members. The official yearbook photographer was Interstate Studios located in Crown Point, IN.





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Retrospective 2008-2009



"Beijing 2008 was one of the greatest Olympic games in history," said Olympic Committee President Jacques Rogge. The Paralympics followed two weeks after and enjoyed as much success as the Olympics. Both the Olympics and Paralympics set records for the most watched games ever in history. Team USA was once again well represented with honorable names like Michael Phelps, Kobe Bryant, Nastia Liukin, Misty May-Treanor and Tyson Gay to name a few. Team USA led in the overall

Nastia Liukin won gold in the women's all-around and the women's basketball team were undefeated to win the gold again. Both the Men's and Women's volleyball teams were medalists. The men capturing the gold after

the tragic death of the athlete's coach's father-in-law. But there were also some downfalls, the undefeated Americans were upset by Japan in the gold medal match in softball competition. One hundred meter favorite Tyson Gay did not even qualify for the finals for the American track and field team. The biggest disap-



2.

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...meter
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...crease.

Keep reading...



A female athlete, Nastia Liukin of Russia, won the gold medal in the women's all-around competition. She was the youngest female to win an Olympic medal.

The Olympic Games were held in Beijing, China, from August 8 to August 24, 2008. The Paralympic Games were held from September 6 to September 18, 2008.

Chinese volunteers prepare for the medal ceremony. The Chinese anthem was played often during the Olympics due to the 51 gold medals Team China won.

The Water Cube sold out during the Olympics just to get a look at the athletes. Michael Phelps dominated the pool in the cube.

The Olympic Rings are displayed on a venue where wrestling was held. American wrestler Henry Cejudo won his gold medal here.



4.



3.



5.



6.

6. A night time view of the Bird's Nest, also known as the National Olympic Stadium, is the only Olympic stadium in the world to be lit up at night.

The short relay team from the USA are the reigning champions in the 4x100m relay of the 2008 Olympics, having won the gold medal at the 2004 Olympics.

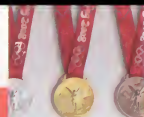
8. Jamaica's Usain Bolt was only the 100m and 200m sprinter to win the gold medal. Bolt now claims the title of the world's fastest man.

9. Michael Phelps is the most successful Olympian in the world. Phelps won 14 gold medals at the 2008 Olympics, making him the most successful Olympian in the world.

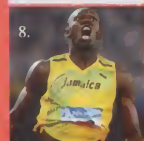
10. Dwayne Wade gave up for a dunk against the Chinese national team. Dwayne Wade was a key player for the USA men's basketball team.



9.



8.



10.



11.



11. The National Olympic Stadium, also known as the Bird's Nest, is one of the great architectural feats of the Olympics. It took four years for Chinese workers to build the stadium.

12. Keri Walsh, a Paralympian, won the gold medal in the 100m sprint at the 2008 Paralympics. Keri Walsh is a Paralympian who won the gold medal in the 100m sprint at the 2008 Paralympics.

13. Misty May-Treanor and Keri Walsh celebrate their gold medal victory over their Chinese opponents. Misty and Keri won back-to-back gold medals.

14. The torch for the 2008 Olympics travels across the world including a stop in San Francisco, USA. The torch is one of the most important aspects of the Olympics.



13.



14.



BACK TO SQUARE

As with each previous year, this year saw its own trends come and go due to what was popular among teenagers, whether being influenced by peers or by what was seen on TV, film, or in music. Normally, the latest fads and trends seem to occur with the females in society. However, influenced by David Beckham, guys sported the latest fad to take over worldwide, the Fohawk. The Fohawk had guys wearing their hair spiked straight up in the middle, while keeping their hair on their sides, unlike the Fohawk's dance cousin, the Mohawk. Girls,

Hills", "American Idol" and the latest "Bachelor of an American Teenager", while adults tuned into "the Bachelor", "the Bachelorette", and the surprise cable hit "Jon and Kate Plus 8", which drew in even more viewers once marital problems were announced in the spring of 2009. If reality ruled the programming at home, action films such as "The Dark Knight" and "Transformers" were box office hits in the theatre. Heath Ledger, who died in 2008, received the academy award for Best Supporting Actor in 2009. His family accepted the award on his behalf.

Students for the year were looking for the new "Stephanie" series that was that year's movie. The year was our year, and we kept the year on track. Bella was called Bella, and her love was the year's award.



1.

1. The year saw the Fohawk (Fohawk) trend, which was the latest and greatest hair trend of the year.

2. The year saw the Fohawk (Fohawk) trend, which was the latest and greatest hair trend of the year.

3. David Beckham shows off his look with the fohawk hair style. The fohawk is an approximation of the Mohawk, made without shaving or buzzing the hair on the side of the head.

4. Disney's "Hannah Montana" rapidly became a sensation for the young and young at heart. Miley Cyrus/Hannah Montana was not only a TV star but then made movie and albums.

5. The girls strutted the hair poof this year. The poof was a easy and cute way to keep bangs out of the way.



2.



3.



4.





6. Tanning beds are still a big deal. Most people tanned to keep the summer look.

7. "Twilight" is a young-adult vampire-romance novel with fan by author Stephenie Meyer. The novel is followed by novels New Moon, Eclipse and Breaking Dawn.

8. In reality TV, this year, the show "Jon and Kate plus 8" captivated a record number for a cable launch show. The series eventually went on hiatus though due to the pending divorce of Jon and Kate.

9. Myspace was again a huge networking community popular among teenagers. This year, helping keep Myspace innovative were the upgrades and new functions available for members.



8.



9.



10.



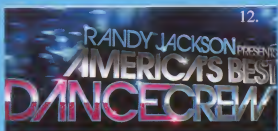
11.

10. "Slumdog Millionaire" is a British film based on the life of a boy in the slums of India. It won eight awards at the 2009 Academy Awards.

11. The Hills is an MTV reality program that follows the lives of several young people living in California.

12. America's Best Dance Crew is an American television show featuring street dance crews from the United States.

13. "Wicked" is a Tony Award-winning Broadway musical. The story of The Wizard of Oz from the wicked witch's point of view.



12.



13.



BACK TO SQUARE 1



Throughout the 2006-2009 school year, there were many tragedies as well as joyful events that occurred worldwide. Among top stories in '09, the rapid spreading case of swine flu was the most alarming. As of late April, there were reported 22 countries and 15,161 cases of this virus. Although the flu dwindled towards the beginning of summer, the fear was that there may be a resurgence during the autumn and winter months. Other major stories this year involved two plane crashes. The miraculous flight occurred was Flight 1549. The plane crashed into the Hudson River, but miraculously 28 people and 100 dogs safely swam home, and no one was injured. As for the other crash, it was in San Francisco with a small private plane. The plane was carrying three people and a dog. Another small plane was involved and the plane was carrying in the Atlantic Ocean. Among the tragedy

gers were 126 men, 82 women, seven children and a baby. In addition to the 12 crew members. Furthermore, what may have been the biggest story of the year was the death of Michael Jackson, the King of Pop. He was found unresponsive in his home

on June 25 in his Los Angeles home; he was believed to have died of cardiac arrest at the age of 50. This tragic event not only affected the United States, but the entire world. Although some of his fans were shocked and mournful of Michael's death, most were of high spirits. Many of his fans visited the Apollo and Michael's home in memory. In the end, his fans found his death a sad loss, but they were happy singing and dancing in his streets. His life will never be the same through this music.



1. This year an outbreak of influenza A virus of type H1N1, also known as Swine Flu, frightened the entire world with its severe consequences and rapid growth of victims. As of April 29, 2009 there was reported seven deaths.

2. Flight 1549 took a rough landing into the Hudson River on January 15, 2009. There were a total of 155 people aboard the plane; fortunately everyone survived.

3. Chuck Daly, coach of the U.S. 1992 men's basketball team, died this year. He led the team to the gold and created the name "The Dream Team".

4. On June 4, 2009 the San Francisco Giants' pitcher Randy Johnson recorded victory number 300. He became the 24th pitcher and sixth left-hander to reach the milestone.



5. Record holder of eight gold medals, Michael Phelps was revealed in a picture of a magazine smoking marijuana on February 1. He took full responsibility for his actions and apologized to the public.



6. The Pitt-Rivers Zingone defeated the Arizona Cardinals at Super Bowl 43. This event was held in January 1 in Tampa Bay, Florida.

7. This year the recession greatly hit the U.S. along with the rest of the world. A sense of recovery was provided when Obama was elected president.

8. The Philadelphia Phillies defeated the Tampa Bay Rays in the 2008 MLB World Series. This game will go down in history as the longest game to be completed due to weather conditions it took three days.

9. Drew Peterson was arrested on May 7 for the charge of his third wife. His bond was set at \$20 million by a judge, "without question."

10. The new New York Yankee's stadium opened up on April 3, 2009. Already, it has yielded 18 home runs, the most ever in the ballpark's first 25 games.



11. One of the top stories in the region was the flooding that devastated the area in September. Many of the students were displaced and lost their homes due to the flood.

12. Music icon Michael Jackson passed away during the summer of 2009. In addition to his music he was also known for his legal scandals and what most considered odd behavior.

13. On June 2, the Air France jet crashed into the Atlantic Ocean. There were 228 people aboard who were all believed to have died.



BACK IN SQUARE 1



The time has come to call checkmate as another year comes to a close. Seniors are going off to college, while juniors look forward to finishing high school. Sophomores and freshmen meanwhile continue to find their place. Looking throughout the book, students and faculty can see the games played throughout the year and remember the good times from August through June. The memories depicted in this book will last a life time. Students will soon return to River Forest to begin a new game full of twists and turns, while the exiting seniors will challenge a new game called life.

the 1990s, the number of people in the UK who are employed in the public sector has increased by 1.5 million (1990–1999) (Department of Health 2000).

There is a growing emphasis on the need to improve the efficiency of the public sector, and to ensure that the public sector is able to deliver the best possible value for money. This has led to a number of initiatives, including the introduction of the Health Service Act 1999, which introduced a new framework for the NHS, and the introduction of the NHS Plan, which sets out the government's vision for the NHS in the future.

The NHS Plan also sets out the government's commitment to improve the quality of care, and to ensure that the NHS is able to meet the needs of the population. This has led to a number of initiatives, including the introduction of the NHS Clinical Governance Framework, which sets out the requirements for clinical governance, and the introduction of the NHS Patient Safety Framework, which sets out the requirements for patient safety.

The NHS Plan also sets out the government's commitment to improve the efficiency of the NHS, and to ensure that the NHS is able to deliver the best possible value for money. This has led to a number of initiatives, including the introduction of the NHS Financial Framework, which sets out the requirements for financial management, and the introduction of the NHS Performance Framework, which sets out the requirements for performance management.

The NHS Plan also sets out the government's commitment to improve the accessibility of the NHS, and to ensure that the NHS is able to meet the needs of the population. This has led to a number of initiatives, including the introduction of the NHS Access Framework, which sets out the requirements for access to services, and the introduction of the NHS Quality Framework, which sets out the requirements for quality of care.

The NHS Plan also sets out the government's commitment to improve the sustainability of the NHS, and to ensure that the NHS is able to meet the needs of the population in the future. This has led to a number of initiatives, including the introduction of the NHS Sustainability Framework, which sets out the requirements for sustainability, and the introduction of the NHS Innovation Framework, which sets out the requirements for innovation.

The NHS Plan also sets out the government's commitment to improve the transparency of the NHS, and to ensure that the NHS is able to meet the needs of the population. This has led to a number of initiatives, including the introduction of the NHS Transparency Framework, which sets out the requirements for transparency, and the introduction of the NHS Accountability Framework, which sets out the requirements for accountability.

The NHS Plan also sets out the government's commitment to improve the effectiveness of the NHS, and to ensure that the NHS is able to meet the needs of the population. This has led to a number of initiatives, including the introduction of the NHS Effectiveness Framework, which sets out the requirements for effectiveness, and the introduction of the NHS Efficiency Framework, which sets out the requirements for efficiency.

The NHS Plan also sets out the government's commitment to improve the equity of the NHS, and to ensure that the NHS is able to meet the needs of the population. This has led to a number of initiatives, including the introduction of the NHS Equity Framework, which sets out the requirements for equity, and the introduction of the NHS Equality Framework, which sets out the requirements for equality.

The NHS Plan also sets out the government's commitment to improve the inclusiveness of the NHS, and to ensure that the NHS is able to meet the needs of the population. This has led to a number of initiatives, including the introduction of the NHS Inclusiveness Framework, which sets out the requirements for inclusiveness, and the introduction of the NHS Diversity Framework, which sets out the requirements for diversity.

The NHS Plan also sets out the government's commitment to improve the resilience of the NHS, and to ensure that the NHS is able to meet the needs of the population. This has led to a number of initiatives, including the introduction of the NHS Resilience Framework, which sets out the requirements for resilience, and the introduction of the NHS Security Framework, which sets out the requirements for security.

The NHS Plan also sets out the government's commitment to improve the integrity of the NHS, and to ensure that the NHS is able to meet the needs of the population. This has led to a number of initiatives, including the introduction of the NHS Integrity Framework, which sets out the requirements for integrity, and the introduction of the NHS Ethics Framework, which sets out the requirements for ethics.

The NHS Plan also sets out the government's commitment to improve the reputation of the NHS, and to ensure that the NHS is able to meet the needs of the population. This has led to a number of initiatives, including the introduction of the NHS Reputation Framework, which sets out the requirements for reputation, and the introduction of the NHS Brand Framework, which sets out the requirements for brand.

the 1990s, the number of people in the UK with a mental health problem has increased by 50% (Mental Health Act 1983). The prevalence of mental health problems has increased in the UK, and this has led to a corresponding increase in the number of people with mental health problems who are in contact with the criminal justice system. The number of people with mental health problems who are in contact with the criminal justice system has increased by 50% in the UK (Mental Health Act 1983).

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START
Freshman
Year



*First Day
of school*

MOVE AHEAD
1 space

*Begin
Junior Year*

MOVE AHEAD
1 space



*Can't find
your Math
class*

GO BACK
to start



*Survive
Speech
class*

MOVE AHEAD
2 spaces



*Start
Sophomore
Year*

MOVE AHEAD
1 space

